

In Epping

# *The Teen Years Are Coming! Get Prepared!*

*For parents of kids ages 8 and up*



- Take a trip through your child's developing (and mystifying) brain.
- Build a relationship that will carry you through the rollercoaster years.
- Understand teen risk-taking.
- Communicate without arguing or attitude.

*Facilitated by Joanna Wicklein, CFLE*

**Date:** March 10 & 17, 2010  
**Time:** 6:00–7:30 p.m.  
**Place:** Epping Elementary School  
7 Prospect St.  
**Cost:** Free! Pizza and drinks included!  
**Child care:** Free for ages 12 and under;  
advance signup required  
**More info:** [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

**Advance signup required!** Call Families First at  
422-8208 x2 or Epping Elementary at 679-8018, x 448

*Presented by:*

## **Families First**

*support for families...health care for all*

*In collaboration with:*

**Epping  
School District**

Presented by Families First Health & Support Center in partnership with the Family Assistance Network of Western Rockingham County. Support for parenting and family programs in Western Rockingham County comes from the NH Department of Health and Human Services, the Foundation for Seacoast Health, Exeter Hospital, United Way of the Greater Seacoast, the NH Children's Trust Fund, the Fuller Foundation, and the Town of Exeter.